

**Below are tables illustrating the ideal combination of formulas for various health concerns:**

Use this table if you choose **Foundation Formula™** as your baseline formula:

Health Goal → Formula ↓	Healthy Blood Pressure	Healthy Blood Sugar	Bone Health	Brain Health	Breast Health	Healthy Cell Behavior	Healthy Cholesterol Level	Colon Health	Energy!	Happiness / Mood	Heart Health	Homocysteine Level	Joint Health	Liver Health	Prostate Health	Healthy Sleep
Brain Synergy™				√												
CoEnzyme Q10				√							√					
Cordyceps									√							
Curcumin				√							√					
DHEA										√						
Diindolyl Methane (DIM)					√	√		√							√	
Duracin™ (Time-Release Niacin)											ask your doctor					
FolaPro				√						√		√				
GlucoSense™		√		√												
Homocysteine Processor™				√							√	√				
Joint Synergy™													√			
Magnesium Chelate	√		√								√					
Melatonin				√	√			√								√
N-Acetyl Cysteine (NAC)				√							√	√		√		
Niagen		√		√	√	√	√	√	√		√			√	√	√
Omega Essentials™	√			√	√			√			√				√	
Osteo Synergy™	√		√								√					
Phytate Cream				√							√					
Prostate Synergy™															√	
Red Rice Yeast							√				√					
SAMe™										√			√			
TrimethylGlycine (TMG)				√	√	√						√				
Vitamin D3			√	√	√	√		√		√	√				√	

Use this table if you choose **Epigenetic Symphony™(ES)** as your baseline formula:

**Note: Items marked with an asterisk \* are already included in the Epigenetic Symphony (ES) formula**

Health Goal →	Healthy Blood Pressure	Healthy Blood Sugar	Bone Health	Brain Health	Breast Health	Healthy Cell Behavior	Healthy Cholesterol Level	Colon Health	Energy!	Happiness / Mood	Heart Health	Homocysteine Level	Joint Health	Liver Health	Prostate Health	Healthy Sleep
Formula ↓																
Brain Synergy™				√												
CoEnzyme Q10				√							√					
Cordyceps									√							
Curcumin				√							√					
DHEA				√						√						
Diindolyl Methane (DIM)					*	*		*							*	
Duracin™ (Time-Release Niacin)											ask your doctor					
FolaPro				√						√		√				
Foundation Formula™	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
GlucoSense™		√		√												
Homocysteine Processor™				1/2 dose (Limit to 2/day)							1/2 dose (Limit to 2/day)	1/2 dose (Limit to 2/day)				
Joint Synergy™													√			
Magnesium Chelate	√		√								√					
Melatonin				√	√			√			√				√	√
N-Acetyl Cysteine (NAC)				*							*	*		*		
Niagen		√		√	√	√	√	√	√		√			√	√	√
Omega Essentials™	√			√	√			√			√				√	
Osteo Synergy™	*		*								*					
Phytate Cream				√							√					
Prostate Synergy™															√	
Red Rice Yeast							√				√					
SAMe™										√			√			
TrimethylGlycine (TMG)				√	√	√						√				
Vitamin D3			*	*	*	*		*		*	*				*	